

SHERINGHAM  
Urban District Council

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**Annual Report**  
OF THE  
Medical Officer of Health  
*For the Year 1913.*

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SHERINGHAM :  
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# Sheringham Urban District Council.

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GENTLEMEN,

I have the honour to submit to you my Annual Report for the year ending December 31st, 1913.

The Annual Report of a Medical Officer is required by an Order of the Local Government Board which outlines the scope, intent, and use of the report.

At the end of each year a memorandum is issued to all Medical Officers of Health setting forth the headings under which the report should be written, and indicating generally the information which should be given.

Each year the scope of the report is enlarged more detailed information is asked for and more care is required in its preparation.

This is as it should be and is in accordance with the increased attention which is now given to Public Health problems.

## **Physical Features of the District and Character of the Inhabitants.**

The Urban District of Sheringham is situated on the north coast of Norfolk, facing north ; its area in acres is 887. Bounded by the sea on the north, and by a low range of wooded hills which fall gently for a mile from the south, it adjoins the Erpingham Rural District on three sides, and has on its outskirts such picturesque places as the Roman Camp, Pretty Corner, and the village of Upper Sheringham.

During the summer months visitors in abundance resort to Sheringham for the bracing air, fine expanse of sea sand, golf links, and scenery.

The population at the census of 1911 was 3,376.

“ “ “ “ 1901 „ 2,364.

An increase of over 1,000 inhabitants in ten years.

The population is composed of (1) fishermen ; (2) those whose business it is to let rooms ; and tradesmen ; and a constantly increasing class who resort to Sheringham for its natural beauties, for its fine golf links, or for the health-giving and preserving properties of its bracing air.

As a health resort in the autumn and winter Sheringham does not meet with the patronage it deserves.

For nervous diseases and breakdowns due to organic disease or the result of overwork, business worries or the excessive stress of modern town life the air of Sheringham is eminently adapted during the autumn and winter. There is that combination of outdoor and indoor recreation which in a pure bracing air cannot fail to be beneficial. The air is cold and necessitates woollen underwear but it is also pure and dry while sunshine is abundant. The soil is porous and after the heaviest rains the roads are dry again in a few hours.

## **Water Supply.**

The water of Sheringham is supplied by the Sheringham Gas and Water Company.

The collecting ground pumping station and reservoirs are situated in Sheringham Woods, about half a mile due south on the Cromer Road. The spot is isolated and there is no inhabited house in the vicinity ; a keeper's cottage in the woods 300 yards from the collecting ground is situated on a part which falls away from the water supply.

The water is derived—

- (a) From springs situated within the collecting ground. This water is collected in open channels, filtered through gravel to take out coarse sediment, and stored in reservoirs.
- (b) From a deep tube well. This water is pumped into a reservoir at a higher level to supply by gravitation the high-lying parts of the town.

Analysis, both chemical and bacteriological, shows the water to be of excellent quality for drinking and domestic purposes.

The collecting ground of the Water Company is inspected at frequent intervals and any deficiency brought to the notice of the Manager or Directors.

The quantity of water is sufficient for all purposes during dry weather.

The quantity obtainable from the springs is naturally less in summer and in dry weather. The level of the well water varies little however much it is pumped and has never shown signs of failing.

## **Drainage and Sewerage.**

The Urban District is sewered throughout with modern sewers which work satisfactorily.

The outfall is well below ordinary low water mark in the North Sea ; it has recently been still further lengthened.

I am pleased to record that the Council have decided to sewer Beeston Common, a pleasant open area which is growing in importance owing to building thereabouts ; with the advent of the sewer it may become economically possible for the owners of those cottages which have been condemned as unfit for habitation to either reconstruct them or to sell to those who are willing to do so.

For the greater part the houses of Sheringham are supplied with water closets of modern pattern. In some places pail closets still exist, these are emptied once or twice weekly by the Council's Scavenger, and are being converted into water closets and connected with the sewer whenever opportunity offers.

During the year—

24 new drains were connected with the sewer.

6 pail closets were converted to water closets.

17 drains were repaired.

3 drains relaid.

1 sewer constructed.

5 drains tested and found sound.

19 new closet pails provided.

2 pail closets discontinued.

300 yds. 12 in. surface water sewer has been laid.

Small estate outside Urban Area has been connected to Council's sewer.

All sewers are flushed once a week in winter and twice a week in summer ; dead ends are flushed from the water cart in addition.

The dust bins are emptied twice weekly by the Council and the house refuse conveyed by rail to a tip in Weybourne, when it is at once covered by soil. A wire net is arranged round the tip to prevent paper blowing about.

This method of disposal answers satisfactorily.

15 new dust bins were provided upon notice being served, during the year.

## **Supervised Premises.**

SLAUGHTER HOUSES.—There is no slaughter house in the Urban District, the meat being killed in the Erpingham Rural District, or in Norwich, or at Deptford.

DAIRIES, COWSHEDS, AND MILKSHOPS.—There are 11 registered milk sellers, 7 dairies, and 2 cowsheds in the Urban District.

They have all been inspected during the year and found to be in a satisfactory condition generally.

The milk supplied is good ; there has been no complaint during the year, and no case of infectious disease has been traced thereto.

Bye-laws are adopted and enforced.

### **Offensive Trades.**

One business of rag and bone merchant is carried on in the District. No complaint has been received during the year.

WHELK BOILING.—During the year no complaint has been received. The whelks are caught in deep water five or six miles out at sea at the back of Sheringham shoal, and are therefore not liable to the contamination of shell fish caught in estuaries or near the shore.

They are parboiled and either used as bait or sent to large towns for human consumption.

### **Common Lodging House.**

There is one house which in my opinion comes under this heading which is not registered.

The premises are unsuitable for such purpose, and the Council should take steps to prevent its use as such.

### **Factories and Workshops.**

There are 9 Factories and 37 Workshops in the Urban District.

They have all been visited during the year and found in reasonably good sanitary order.

### **Housing of the Working Classes.**

In my last report attention was called to 12 of the worst cottages in the district and the possibility of the Council taking the necessary steps to erect cottages before closing these.

In the spring I accompanied a sub-committee of the Sanitary Committee in an inspection of the worst cottages in the Urban District, when it was agreed that a number of cottages were unfit for habitation and that it was necessary to take steps to remedy the matter.

It was proposed that the Council should erect workmen's cottages, a dozen if necessary, upon the site in the Cromer Road the property of the Council.

The matter was sympathetically diseussed, but eventually postponed to allow the general body of ratepayers to become cognisant of what was proposed, and will come up for discussion again during the year.

Personally I think the attitude of the Council was over cautious. The evil is admitted, the remedy is prescribed by Act of Parliament in the shape of the Housing and Town Planning Act which gives powers to Local Authorities to build cottages after inquiry by the Local Government Board, which lends money for the purpose at 3 per cent. repayable in sixty years.

There is a feeling that private enterprise may come to the rescue and plans have been passed for 12 cottages to be erected on the Cromer Road.

If these 12 cottages are all erected at once there will still be a want, and in a matter like this I think it is for the Council to lead and not to follow considering that there is a reasonable prospect of being able to charge an economic rent; if a small charge upon the rates is entailed surely the ratepayers of a seaside resort will not grudge money spent to beautify the village by removing the hovels unfit for habitation and prevent the misery and ill-health caused by living therein.

## **Sanitary Administration of the District.**

The Staff is composed of the Medical Officer of Health and the Sanitary Inspector with the assistance of the Council's foreman acting under their directions in executive details.

There is no Isolation Hospital.

During the year the Council have approached the Erpingham Rural District Council with a view of joining them in their contemplated Emergency Isolation Hospital at Roughton.

There is every prospect that eventually some arrangement will be arrived at whereby Sheringham will be enabled to send infectious cases to Roughton.

## **Disinfector.**

The need of a steam disinfector is still apparent.

The Council having decided that the cost of a Washington Lyons Disinfector is prohibitive, I suggest that a Thresh Disinfector should be installed the cost of which is about £150.



It is impossible to properly disinfect bedding and clothing except by means of a steam disinfecter.

The present system of disinfection by means of formalin spray and vapour is good as far as it goes, but the only effective method of disinfecting bedding and clothing is by means of super-heated steam under pressure.

Pathological examinations in cases of suspected Diphtheria, Tuberculosis, and Typhoid Fever, are made at the public expense by the Clinical Research Association.

Twelve examinations were made during the year.

### **Schools.**

The sanitary condition and water supply of the Schools are perfectly satisfactory.

Any suspicious case of infectious disease occurring in School is at once referred to me by the Head Teachers and investigation made.

I wish to thank the Managers, Head Teachers, and School Staff for the ready help they have accorded me upon numerous occasions during the year.

During the year the Schools have been visited upon ten occasions in connection with the investigation of infectious disease.

### **Prevalence of and Control over Infectious Diseases.**

There were 34 notifications during the year of which 3 were imported cases and 2 were subsequently withdrawn.

Of the 29 cases originating in Sheringham, 23 were Scarlet Fever and 6 Erysipelas.

Of 9 cases occurring during the first quarter 4 were in one family, 2 other cases were traced as being due to personal contact with previous cases, and the whole of the 9 cases were due to a child with an infectious ear discharge returning to School.

This child was discovered by me in School and exclusion rapidly brought the epidemic to an end.

There were 5 cases in the middle of the year which were almost certainly due to a relighting of the infection in the throat of a child with enlarged tonsils who had had Scarlet Fever.

Discovered in School after a good deal of trouble, exclusion of this scholar stopped the notifications.

There were 9 cases at the end of the year in 7 families.



On four separate occasions I visited the Schools and made exclusions which improved matters considerably, but I was unable to satisfactorily trace the exact connection which no doubt existed between the cases. Christmas holidays and seasonal festivities were contributory factors to the non-elucidation of the problem.

There was no case of Enteric or Typhoid Fever notified.

There were 2 notifications of Diphtheria, one was subsequently withdrawn the other occurred in the Convalescent Home and was imported from Surrey.

In the same Convalescent Home a child admitted with a double compound fracture of the thighs had never left her bed 14 days after admission when the wound in one thigh became inflamed, the temperature ascended, and a rash developed. There was no sore throat at that time and the patient had not vomited. I looked upon the case as Septicæmia or blood poisoning until 2 days later the child in the adjoining bed developed typical Scarlet Fever.

As the incubation period of Scarlet Fever is 1-4 days, and the child had not been out of bed for 14 days, I think the infection must have developed in the wound—in fact, that the case was one of true Surgical Scarlet Fever.

The case was promptly isolated and no further case developed ; both cases peeled all over the body.

The District was very free from other non-notifiable diseases during the year.

## **Tuberculosis.**

There were 13 notifications during the year, 11 of Pulmonary Tuberculosis, 2 of other forms of Tuberculosis.

Of these 2 occurred in temporary residents.

Upon receipt of a notification a circular is forwarded to the patient, parent, or doctor in attendance setting forth the manner of life that should be lived, with hints as to diet and instructions as to precautions necessary to prevent the spread of the disease to others.

A domiciliary visit is generally made, when the importance of the main principles necessary to cure the disease and to prevent its spread is emphasised ; as regards the latter, assistance is offered in the shape of disinfection and disinfectants.

For insured persons sanatorium benefit in this District takes the form of treatment in Kelling Sanatorium for suitable cases, or of domiciliary treatment for advanced cases, which means relief in the shape of milk and eggs.

Bacteriological examinations of sputa are paid for by the Council.

## **Investigation of Other Diseases.**

There has been no undue prevalence of rickets, acute rheumatism, diarrhœa, or pneumonia during the year 1913.

Syphilis is rarely met with except as an importation.

Gonorrhœa and gonorrhœal diseases are infrequent.

No outbreak of food poisoning has occurred.

## **Means for Preventing Mortality in Childbirth and in Infancy.**

The Midwives Act of 1902 is administered by the County Council.

The Notification of Births Act, 1907, is not adopted.

## **Vital Statistics.**

The population at the 1901 census was 2,359.

“ “ “ 1911 “ “ 3,376.

The census is taken at the end of the first quarter; the estimated population at the middle of 1913, or at the end of the second quarter, is arrived at by adding to 3,376 two and a quarter times the rate of annual increase between the years 1901 and 1911.

This works out at 3,576, which has been taken as the basis of calculation of the death- and birth-rates.

There were 28 deaths during 1913 giving a crude death-rate of 7.832 per 1,000 living.

The corrected death-rate is obtained by applying to the crude death-rate a standardising factor supplied by the Registrar General which depends upon the relative number of old and young lives in the population.

The corrected death-rate for 1913 is 7.14 per 1,000.

“ “ “ “ “ 1912 was 12.33 per 1,000.

This is exceptionally low; for Norfolk the corrected death-rate for 1912 was 10.57. It is the lowest death-rate ever recorded in Sheringham.

## **Birth-Rate.**

There were only 51 births in Sheringham during the year, giving a birth-rate of 14.27 per 1,000 living.

The birth-rate shows an almost continuous decline since 1908.

For Norfolk in 1912 it was 20.5 per 1,000.

## **Infant Mortality Rate.**

This rate expresses the number of deaths in children under one year occurring in every 1,000 births.

There were 4 infant deaths during the year. The rate works out at 78.43 deaths per 1,000 births.

This is the lowest rate since 1909.

Last year it was 106.06 per 1,000 births.

For Norfolk during 1912 it was 84.11 per 1,000 births.

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In conclusion I should like to thank Mr. F. Hall Smith, your Surveyor and Sanitary Inspector, for his able and willing assistance and for his invaluable co-operation during the year.

I am, Sirs,

Your obedient Servant,

J. E. LINNELL,

M.B., B.C., B.A. Cantab., D.P.H. Lond.

# **Vital Statistics of Whole District during 1913 and previous Years.**

Year.	Population estimated to Middle of each Year	Births.		Total Deaths registered in the District.		Transferable Deaths.		Nett Deaths belonging to the District.		
		Un-corrected Number.	Net Rate.	Number.	Rate.	Of Non-residents registered in the District.	Of Residents not registered in the District.	Under 1 year of age.		At all Ages.
								Number.	Rate per 1000 Nett Births.	
1908	3000	68	22.66	32	10.66			3	44.12	32 10.66
1909	3000	71	23.66	27	9.3			1	14.08	27 9.3
1910	3000	62	20.66	31	10.33			6	96.77	31 10.33
1911	3400	56	16.5	34	10.00	3	1	5	89.3	32 9.41
1912	3400	66	19.41	43	12.64	2	5	7	106.06	46 13.52
1913	3576	50	14.27	26	7.271	1	3	4	78.43	28 7.83

Area of district in acres (land and inland water) ... 887  
Total population at all ages at Census of 1911 ... 3376  
Number of inhabited houses " " 949  
Average number of persons per house " " 3.5

## Cases of Infectious Disease notified during the Year 1913.

Notifiable Disease.	Number of Cases Notified.							
	At all Ages.	At Ages—Years.						
		Under 1 year.	1 and under 5 years.	5 and under 15 years.	15 and under 25 years.	25 and under 45 years.	45 and under 65 years.	65 and upwards
Diphtheria (in- cluding Mem- branous croup)	1			1				
Erysipelas ...	6						6	
Scarlet Fever	25		2	21	1	1		
Pulmonary Tuberculosis	11		1	5	1	3		1
Other forms of Tuberculosis	2				1			1
Totals ...	45		3	27	3	4	6	2

## Causes of, and Ages at, Death during the Year 1913.

Causes of Death.	Net Deaths at the Subjoined Ages of "Residents," whether occurring within or without the District.								
	All Ages.	Under 1 year.	1 and under 2 years.	2 and under 5 years.	5 and under 15 years.	15 and under 25 years.	25 and under 45 years.	45 and under 65 years.	65 and upwards.
All causes certified	28	3	1	1	1		6	5	9
Influenza ... ..	1								1
Phthisis (Pulmonary Tuberculosis)	3						1	2	
Tuberculous Meningitis ... ..	1	1							
Other Tuberculous Diseases ... ..	1				1				
Cancer, Malignant Disease ... ..	4						2	1	1
Bronchitis... ..	1	1							
Pneumonia (all forms) ... ..	2			1					1
Diarrhœa and Enteritis	2	1					1		
Other Defined Diseases ... ..	13	1	1				2	3	6
Totals ... ..	28	4	1	1	1		6	6	9

## INFANTILE MORTALITY, 1913.

### Net Deaths from Stated Causes at Various Ages under One Year of Age.

Cause of Death.	Under 1 week.	Total under 4 weeks.	3 months and under 6 months.	6 months, and under 9 months.	Total Deaths under 1 year.
All causes Certified...				3	3
Meningitis ( <i>not Tuberculous</i> )				1	1
Bronchitis ... ..				1	1
Enteritis ... ..				1	1
Atrophy, Debility and Marasmus ...			1		1
Totals ...			1	3	4

Net Births in the year	Legitimate	...	48
	Illegitimate	... ..	3



# Surveyor's and Inspector's Report for 1913.

## Buildings.

Plans approved	..	..	..	..	48
Plans approved for following works :—					
New Houses	..	..	..	..	36
Additions and Alterations	..	..	..	..	28
New Road and Sewer	..	..	..	..	1
Motor Garages	..	..	..	..	2
Plans disapproved	..	..	..	..	5
Houses completed during year	..	..	..	..	19
Additions and Alterations completed	..	..	..	..	32
Workshop completed	..	..	..	..	1
Garages completed	..	..	..	..	2
New Drains connected to Sewer	..	..	..	..	24
Additional Drains connected to existing	..	..	..	..	18
Houses commenced but not completed	..	..	..	..	23
Additions, etc., commenced but not completed	..	..	..	..	5
Dangerous Structures repaired	..	..	..	..	8
Yards concreted	..	..	..	..	1
Pan Closets converted to Water Closets	..	..	..	..	6
Houses closed (not pulled down)	..	..	..	..	2

## Nuisances Abated.

Statutory Notices served — nuisances generally abated on receipt of letter	..	..	..	20
Overcrowding	..	..	..	6
Herrings condemned	..	..	..	1
Accumulations of Refuse and Manure	..	..	..	15
Animals moved	..	..	..	3
New Closet Pails provided	..	..	..	10
New Dust Bins provided	..	..	..	15
Pail Closets discontinued	..	..	..	2

Premises disinfected after Measles	..	..	5
.. .. Diphtheria	..	..	1
.. .. Chicken Pox	..	..	3
.. .. Cancer	..	..	1
.. .. Consumption	..	..	2
.. .. Lice, etc.	..	..	3

House-to-house inspection being carried out.

Sewers flushed once a week in winter, and twice a week in summer, and dead-ends flushed from Water Cart in addition.

Registered Milksellers	..	..	..	11
Dairies	..	..	..	7
Cowsheds	..	..	..	2

Private Street Works Act, 1892.

Road made up 40 feet wide	..	..	1
Back Passage made up 10 feet wide..	..	..	1

# Annual Report of the Medical Officer of Health for the Year 1913.

*For the URBAN DISTRICT of SHERINGHAM.*

## 1. Inspection of Factories, Workshops, and Workplaces,

Premises. (1)	Inspections. (2)	Number of Written Notices. (3)	Prosecu- tions. (4)
Factories (including Factory laundries)	}	Periodical inspections are made, and places are kept in good and sanitary condition and well ventilated.	
Workshops (including Workshop laundries)			
Workplaces (Other than Outworkers' premises included in Part 3 of this Report)			

## 2. Defects Found in Factories, Workshops, and Workplaces.

Particulars.	Number of Defects.	
	Found.	Remedied.
Nuisances under Public Health Acts :—		
Want of cleanliness ... ..	3	3
Totals ... ..	3	3

## CERTIFICATE OF ANALYSIS OF WATER.

*Sample received from the Sheringham Urban District Council per  
F. Hall Smith, Surveyor, &c.*

*Mark "Taken from bath tap (cold) 'Milomomba,' Vincent Road,  
December 22nd, 1913. F. H. S."*

(The results are in all cases stated in Grains per Gallon.)

Ammonia.		Nitrogen as Nitrates.	Nitrites.	Chlorine in Chlorides.	Physical Characteristics.
Free.	Albuminoid.				
Nil.	Faint trace.	.41	Nil.	5.21	Bright and Clear.

REMARKS.—This is an excellent water of great organic purity, and free from all trace of pollution. It is quite fit for drinking and general domestic purposes.

